

## CONFIDENCE & SELF ESTEEM BUILDING

### EXERCISE

#### **What is causing your lack of confidence?**

1. Take no more than 10 minutes for this exercise
2. In that time score your level of confidence out of 10
3. Do the same with your level of self esteem
4. If it is below 5 look at what you think might be causing your low level of self confidence and/or self esteem
5. If it is above 5 identify what you think might be contributing to your higher level of self confidence and/or self esteem

*Once the 10 minutes are up re-read what you have written. What emerges? Are there any patterns, references to specific people or places, issues to do with different times of the day, references to your energy levels?*

***This exercise can be carried out by anyone – even if they consider themselves confident. This is because we are always challenged by new situations, which can throw us into a state of discomfort. In such cases we are generally less confident than we are used to being***

## EXERCISE

*This is a very simple but effective exercise designed to allow you, on a regular basis, to let go of the kind of thoughts, emotions and feelings that zap your confidence and self esteem. At the same time it also allows you to build up the kind of inner strength synonymous with high self confidence and solid self worth. The more often you carry out this simple exercise the more powerful it becomes*

### **Meditation**

1. Sit on a chair (feet flat, back straight)
2. Close your eyes and concentrate on your breathing
3. Breathe slowly, long and regularly
4. As you breathe in feel yourself becoming stronger, with more confidence than you ever had before. Repeat positive affirmations to yourself during the inhalation
5. As you breathe out feel all your low self confidence draining from your body
6. Repeat this exercise for 10 minutes in the mornings and 10 minutes in the evenings